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Monday	Tuesday	Wednesday	Thursday	Friday
2 Beefy Italian Whole Grain Pasta Whole Kernel Corn Broccoli Fresh Apple Slices 	3 Curry Chicken Brown Rice Peas & Carrots Fresh Fruit 	4 Beef Taco Salad in Whole Wheat Tortilla Fluffy Fruit Salad Taco Sauce 	5 Turkey Swedish Meatballs Whole Grain Penne Broccoli Fresh Fruit 	6 Oven Fried Chicken Dirty Brown Rice Green Beans Fresh Fruit Pudding  
9 Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	10 BBQ Pork Rib Patty Pinto Beans Coleslaw W.W. Hamburger Bun Hot Cherry Applesauce 	11 Corn Chowder Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Fresh Fruit 	12 Oven Fried Chicken Tater Tot Casserole Brussels Sprouts Whole Wheat Bread Pineapple Tidbits 	13 Cajun Lemon-Pepper Fish Cheesy Brown Rice Green Beans Pineapple Tidbits Cookie  
16 Beef Taco Cilantro Lime Rice Fiesta Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	17 St. Patrick's Day Beef Stew Oven Roasted Potatoes Sliced Carrots Whole Wheat Roll Fresh Fruit Chef's Dessert 	18 Chef Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing  	19 Pork Stir Fry Brown Rice Ginger Carrots Pineapple Tidbits Fortune Cookie 	20 Spring Begins / Birthday Party Turkey Spaghetti Sauce W.G. Spaghetti Harvard Beets Spiced Mixed Fruit Pudding 
23 Chicken Pot Pie w/ Whole Grain Biscuit Whipped Potatoes Green Beans Fresh Fruit 	24 Turkey Sausage over Red Beans Brown Rice Mixed Vegetables Pineapple Tidbits 	25 Minestrone Soup Chicken Salad Lettuce & Tomato Coleslaw Whole Wheat Bread Ambrosia Fruit Salad 	26 Sloppy Joe Oven Roasted Potatoes Winter Vegetables W.W. Hamburger Bun Mixed Fruit 	27 W.G. Crusted Fish Cheesy Penne Pasta Glazed Carrots Fresh Orange Cookie Tartar Sauce 
30 Country Fried Steak Country Gravy Cheesy Brown Rice Broccoli Whole Wheat Bread Fresh Fruit 	31 HOLIDAY Cesar Chavez Day Closed for the HOLIDAY 			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

For Information, Please CALL 337-1425 - If we are unable to answer, please leave us a message.

Meals are served at 11:30 am - Suggested Senior Donation 60+ \$3.00 - Non-Senior fee is \$6.00

No eligible person shall be denied a meal because of failure or inability to contribute. ** Menu Subject to Change without Notice **

Food allergy warning: please be advised that the food served here may contain any of these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish & shellfish